

CLOTHING and BEDDING FOR 30 DAYS

Include at least one complete change of clothing and footwear per person

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- sunglasses



SPECIAL ITEMS FOR 30 DAYS

Remember family members with special requirements, such as infants and elderly or disabled persons.

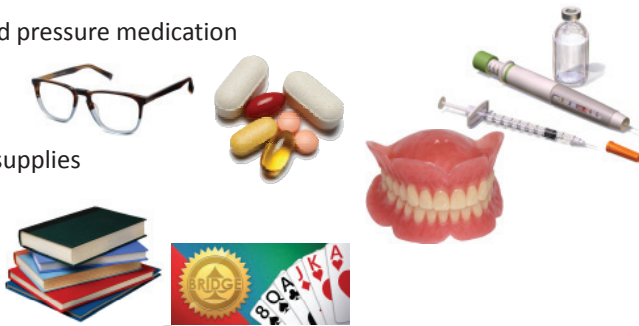
For baby:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications



For adults:

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses



Entertainment

- Games and books



Important family documents Keep these records in a waterproof, portable container:

- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

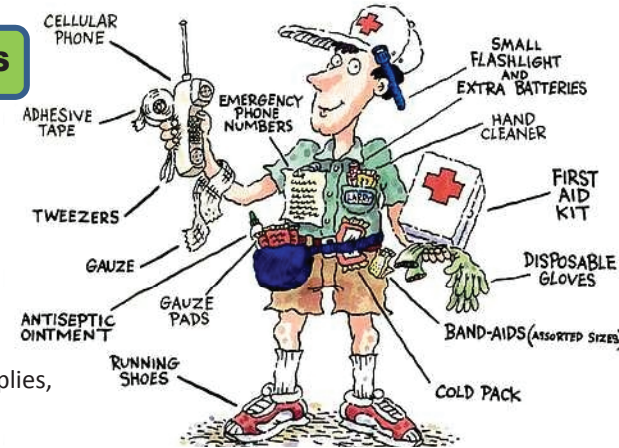


30 DAYS ON OUR OWN

DISASTER PREP SUPPLIES

There are six categories of items you should have in your home:

- ❖ Food,
- ❖ Water,
- ❖ First aid supplies,
- ❖ Clothing and bedding,
- ❖ Tools and emergency supplies,
- ❖ And special items.



Keep the items that you would most likely need during an evacuation in an easy-to-find or easy-to-carry container, such as a large, covered trash container, a backpack or a duffel bag. There are many lists on the internet but the following examples are "FOOD FOR THOUGHT".

FOOD FOR 30 DAYS

Store a 30-day supply of non-perishable foods that require no refrigeration and little or no water, preparation or cooking. If you must heat food, pack a few cans of sterno. Select food items that are compact and lightweight. Include a selection of the following foods in your Disaster Supplies:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples – salt, sugar, pepper
- High energy foods – peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Food for infants, elderly persons, or those with special diets
- Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags



WATER OR FILTER FOR 30 DAYS

Store water in glass or heavy plastic containers or filter. Avoid using containers that will break or decompose such as milk cartons. A normally active person needs 1.1 gallons of water each day for drinking and food items.



FIRST AID SUPPLIES FOR 30 DAYS

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent / soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- Non-prescription drugs
 - Aspirin or non-aspirin pain reliever
 - Anti-diarrhea medication
 - Antacid for stomach upset
 - Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
 - Laxative
 - Activated charcoal (use if advised by the Poison Control Center)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needles
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant



TOOLS and SUPPLIES FOR 30 DAYS

- Mess kits, or paper cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher, small canister ABC type
- Plastic or tarps to cover windows
- Tent (to set up in your house)
- Hammer
- Crowbar
- Pliers
- Duct Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Pry bar
- Plastic sheeting
- Map of the area
- Sanitation supplies
 - Toilet paper, towelettes
 - Soap, liquid detergent
 - Personal hygiene items
 - Plastic garbage bags, ties
 - Plastic bucket with tight lid
 - Disinfectant
 - Household chlorine bleach

